

# Age-Defying & Disease Defence Plan

## Strategy #4 – Keep Your Waistline in Check

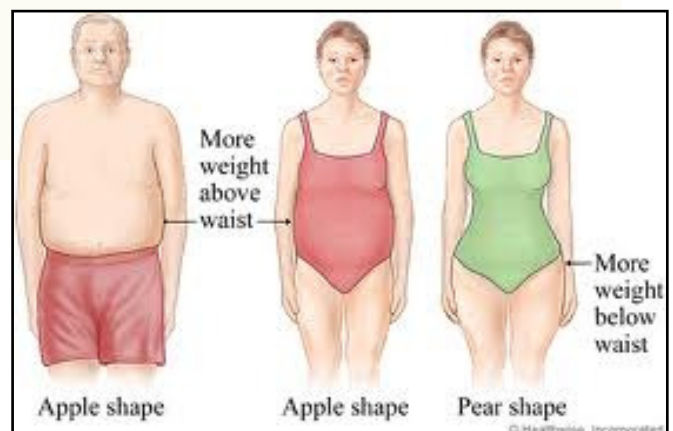
To determine if your body is staying young and healthy against diseases associated with obesity, the tape measure is better than a bathroom scale.

As you age, your weight on the scale may remain the same while you lose muscle and pack on the fat, including visceral fat – the culprit behind a thick waist. A waist measurement of 40 inches or more in men and 35 inches or more in women is linked to heightened risk of age-related illnesses including high blood pressure, diabetes and heart disease.

So get that measuring tape out and measure the circumference around your midsection. For the exact location of your waist measurement place your fingers under your last rib and follow it down to where your rib stops at your side. On women this location is usually the narrowest part of the midsection.



It is important to ensure that you measure your waist correctly. Waist circumference needs to be measured 1 cm below the belly button after having slowly breathed out.



### Optimal Ranges for Lowered Health Risk:

MEN < 40 inches

WOMEN < 35 inches

\*\*Body Shape contributes to Health Risk.

The less weight retention around the middle, the better!

Weight around your core [where your main organs are housed] contributes to heart disease.